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ABSTRACT

This book provides advice on minimizing the negative effects of divorce on children, including what normal behavior to expect, what language to use and not use, and what legal and custody issues will affect the child. The book contains eight chapters. Chapter 1, "The Decision to Separate," covers such topics as breaking the news to children, trial separations, and telling other people of divorce. Chapter 2, "How Will the Children Take It?," explores issues such as answering "why" questions, anticipating age differences, addressing issues of gay parents, obtaining professional help, and rebuilding children's self-esteem. Chapter 3, "'D-Day': Departure Day," includes discussion of splitting up household goods, post-parting depression, and the possibility of reconciliation. Chapter 4, "Words Matter: 'Divorce-Speak'," explains how to talk to--and about--an ex-spouse and about the new situation. Chapter 5, "The Issues: Money, Legalities, Custody," covers various facets of the divorce process from a legal standpoint. Chapter 6, "Sole Custody and the Noncustodial Parent," explores such issues as coping with being a part-time parent and dealing with an unreliable parent. Chapter 7, "Shared Parenting (aka Joint Custody)," discusses positive and negative aspects of this arrangement and how to set up ground rules. Chapter 8, "Looking Down the Road," covers a range of topics, including name changes, guilt, children of divorce in the classroom, holidays and extended family members, and dating. Contains 62 references. (EV)

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